

Questions?  
Call your Health Coach  
today.



“I’m a Health Coach. Call me with questions about your response plan or any other health questions. Health Coaches are available by phone, 24 hours a day, seven days a week.”

**1-800-ASK-BLUE**  
(1-800-275-2583)



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# Take this to your doctor

**A response plan for your  
ASTHMA**



Complete this plan with the help of your doctor so you are prepared to answer these questions:



- What should I do every day?
- What changes should I watch for?
- What should I do when I have changes?

## Asthma medicines

### Controller medicines

Take *daily* as prescribed for long-term control (see Green Zone).

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### Quick-relief medicines

Take for quick relief (see Yellow and Red Zones). Take 5-10 minutes before exercise, if needed. Do not overuse – know the “Rule of 2s.”

My quick relief medicines are:

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### Other medicines

My corticosteroid pills are:

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### Emergency information

Name and phone number of asthma care professionals: \_\_\_\_\_

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Name and phone number of hospital: \_\_\_\_\_

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Other emergency phone numbers: \_\_\_\_\_

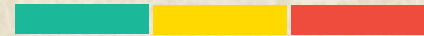
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# Control your asthma

## Know your peak expiratory flow (PEF)

The first step is to determine your personal best PEF. Use the peak flow meter when your breathing is good to measure your personal best. That is 100 percent. Ask your asthma-care professional how a peak flow meter can help you control your asthma.

## Know your color zones



For good asthma control, it is important to know the color zones. Think of a stop light and what each color means.

## Take your medicines as prescribed

Know the different kinds of medicines prescribed for you and how and when to take them. Talk to your asthma-care professional if you have questions.

## Avoid triggers

Triggers are things that make asthma worse, such as colds, dust, pets, or smoke. Avoid triggers when you can.

## Know the “Rule of 2s”

If you take “quick-relief” medicines more than *two* times a week (except when you exercise), or if asthma wakes you more than *two* times a month, tell your asthma-care professional that your asthma is *not in good control*.

